



**School Information:** Choose Vegetables rich in color. Brighten your plate with vegetables that are red, orange or dark green.



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

### Monday



No School Today **6**  
Teacher-In- Service

Cheese Pizza or Grilled **13**  
Chicken on a bun  
Baby Carrots  
Tossed Salad w/Spinach  
Pineapple Tidbits , Milk

No School Today **20**  
Teacher-In-Service

Cheese Bread Sticks **27**  
Marinara Sauce or Grilled  
Chicken Sandwich  
Sweet Corn Garden Salad  
Banana, Milk

### Tuesday



Chicken Patty or PBJ **7**  
Mashed Potatoes & Gravy  
Green Beans  
Banana  
Roll & Honey, Milk

Chicken Crisпитos **14**  
Tortilla Chips,  
Cherry Tomatoes  
Cucumber Slices  
Banana, Milk

Grill Chicken Wrap **21**  
Tomato Slices  
Romaine Lettuce Leaves  
Spanish Rice, Tropical Fruit  
Cookie, Milk

Country Beef Patty or **28**  
Hamburger on a Bun  
Mashed Potatoes & Gravy  
Baby Carrots, Slice Pears  
WW Roll and Jelly, Milk

### Wednesday

No School Today **1**

Happy New Year!!

\*2020\*

Pepperoni Pizza **8**  
Broccoli Florets  
Cherry Tomatoes  
Pineapple Tidbits  
Milk

Biscuits and Gravy & **15**  
Sausage or Pepperoni Pizza  
Tri Tater  
Broccoli Florets  
Orange, Milk

Spaghetti w/ Meat Sauce **22**  
or Hamburger on a bun  
Garden Salad, Garlic Bread  
Green Beans  
Orange Halves, Milk

Fajita Chicken Wrap or **29**  
Yogurt Plate  
Seasoned Rice  
Dark Green Leaf lettuce  
Sliced Tomatoes, Apple, Milk

### Thursday

No School Today **2**

Popcorn Chicken **9**  
Sweet Peas  
Tri Tater  
Fresh Orange  
Milk

Chicken Tenders **16**  
Baked Beans  
Creamy Coleslaw  
Baby Carrots  
Apple Quarters, Milk

Pig In a Blanket or PBJ **23**  
Roasted Red Potatoes  
Broccoli & Cheese  
Apple Quarters  
Milk

Popcorn Chicken **30**  
Oven Fries  
Bell Pepper Strips,  
Broccoli Florets, Peaches, Ci  
Milk

### Friday

No School Today **3**

Pork Rib on a Bun or **10**  
Ham & Cheese on a bun  
Bell Pepper Strips  
Sweet Potato Tots  
Apple Quarters, Milk

Mini Meat Ball Sub or **17**  
Yogurt & Fruit Plate  
Ranch Potato Wedges  
Garden Salad  
Diced Peaches

Chicken and Noodles **24**  
Whole Wheat Roll or  
Turkey & Cheese Sub  
Mashed Potatoes,  
Fresh Grapes, Milk

BBQ Beef on a Bun or **31**  
PBJ  
Baked Beans  
Cucumber Slices  
Orange halves, Brownie, Milk